

People with special needs should include those considerations in their emergency and preparedness planning. It is important to remember that the usual methods of support and assistance may not be available for some time during an evacuation and after the disaster has occurred.

Disability/Special Needs Additional Steps

Hearing impaired-May need to make special arrangements to receive warnings.

Mobility impaired -May need special assistance to get to a shelter.

Single working parent -May need help to plan for disasters and emergencies.

Non-English speaking -May need assistance planning for and responding to emergencies.

Community and cultural groups may be able to help keep people informed.

People without vehicles -May need to make arrangements for transportation.

Special dietary needs -Should take special precautions to have an adequate emergency food supply.

Make a personal disaster plan to help organize necessary information and activities during and after a disaster and share your disaster plan with your support network. Keep copies of your disaster plan in your disaster supplies kit, car, wallet (behind driver's license or primary identification card), wheelchair pack or at work, etc. Other action steps to prepare for disaster are listed below:

Identify safe places to go. If local officials have not told you to leave the area, stay upstairs and in the

middle of the building, away from windows. Avoid going to the lowest floor because hurricanes often cause flooding. If you are blind or visually impaired, use a long cane in areas where debris may have fallen or furniture may have shifted. This is recommended even if you do not usually use a cane indoors.

Keep your service animals with you in a safe place at home or take them with you to a shelter.

Find the location of main utility cutoff valves and switches in your home. Learn how and when to disconnect them during an emergency. Try to do this yourself. (Do not practice shutting off the gas.) If you cannot practice alone, arrange for your network to help. Turn off utilities only if local officials tell you to do so or if you believe there is an immediate threat to life.

Identify as many exits as possible from each room and from your building. Be sure to include the windows as exits.

Make a floor plan of your home, including primary escape routes. (You may want your network to assist you with it.) On the floor plan, mark the rooms where you spend a lot of time. Also, mark where your disaster supplies kit is located. Give a copy of the floor plan to your network to help them find you and your supplies, if necessary.

Prepare an evacuation plan beforehand. If you have to leave your home or workplace, you may need someone's help to evacuate safely, especially down stairwells. If you need assistance during an emergency and your network is not available, find helpers and tell them about your condition. Give them instructions on what you need and how they can help you evacuate.

Practice using different ways out of a building, especially if you are above the first floor in a building with many stories. Remember, the elevator may not work or should not be used.

If you need devices for an emergency escape, think about your physical capabilities before making a purchase. Store devices nearby, where you can get to them easily. This may mean having more than one emergency escape device available.

Advocate for yourself. Practice how to quickly explain the best way to guide or move you and your adaptive equipment, safely and rapidly. Be ready to give brief, clear, and specific instructions and directions to rescue personnel, either orally or in writing, such as:

"Please take my. . .

- Oxygen tank.
- Wheelchair.
- Gamma globulin from the freezer.
- Insulin from the refrigerator.
- Communication device from under the bed."
- "I am blind/visually impaired. Please let me grasp your arm firmly."
- "I am deaf. Please write things down for me."

When needed, ask for an accommodation from disaster response personnel. For example, let a responder or relief worker know if you cannot wait in lines for long periods for items like water, food and disaster relief assistance.

Keep a small disaster supplies kit in your automobile and maintain more than a half tank of fuel at all times. If you do not drive, talk with

your network about how you will leave the area if the authorities advise an evacuation.

Become familiar with the emergency or disaster/evacuation plan for your office, school or any other location where you spend a lot of time. If the current plan does not make arrangements for people with disabilities, make sure the management at these sites knows your needs.

Choose an alternate place to stay, such as with friends, family or at a hotel or motel outside your area if you have been told to leave your home. You may have enough early warning time (as with a slow-rising flood or hurricane) to leave before the disaster occurs. Find out if there

are predesignated shelters in your area and where they are.

Planning for Special Needs

If you have special needs: Find out about special assistance that may be available in your community. Register with the office of emergency services or the local fire department for assistance so needed help can be provided.

- Create a network of neighbors, relatives, friends, and coworkers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment.
- Discuss your needs with your employer.
- If you are mobility impaired

and live or work in a high-rise building, have an escape chair.

- If you live in an apartment building, ask the management to mark accessible exits clearly and to make arrangements to help you leave the building.
- Keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals, and any other items you might need.
- Be sure to make provisions for medications that require refrigeration.
- Keep a list of the type and model numbers of the medical devices you require.

Online Resources

A number of excellent online resources are available to help people with disabilities and caregivers to prepare for emergency situations. All external site links will open in a new window.

National Organization on Disabilities

(<http://www.nod.org>)

EPI Guide for Emergency Managers, Planners & Responders

(<http://www.nod.org/index.cfm?fuseaction=page.viewPage&PageID=1034>)

American Red Cross

(<http://www.redcross.org>)

Disaster Preparedness for People with Disabilities

(http://www.redcross.org/services/disaster/0,1082,0_603_,00.html)

Preparing for Emergencies: A Checklist for People with Mobility Problems (FEMA)

(<http://www.fema.gov/pdf/rrr/mob-all.pdf>) [124kb PDF]

Prepare.org: Disaster Preparedness Information for People with Disabilities

(<http://www.prepare.org/disabilities/disabilities.htm>)

Citizen Corps Citizen Preparedness Publications

(http://www.citizencorps.gov/ready/cc_pubs.shtm)

Employers' Guide to Including Employees with Disabilities in Emergency Evacuation Plans

(<http://www.jan.wvu.edu/media/emergency.html>)

U.S. Access Board Emergency Evacuation Procedures

(<http://www.access-board.gov/evacplan.htm>)

Emergency Preparedness on the Job for People with Disabilities from the National Center on Emergency Preparedness for People with Disabilities [114kb PDF]

Removing the Barriers: A Fire Safety Factsheet for People with Disabilities and their Caregivers

(<http://www.usfa.fema.gov/public/factsheets/fswy22.shtm>)

Special Populations Fire-Safe Checklist: A Fire Safety Factsheet for People with Special Needs

(<http://www.usfa.fema.gov/public/factsheets/fswy23.shtm>)